

DISCHARGE INSTRUCTIONS

Diet:

- Please start with clear liquids; water is best. Your child may also have apple juice diluted with water if he or she does not like plain water.
- If no nausea or vomiting occurs, your child may progress on to soft, bland foods for the rest of the day (e.g., applesauce, yogurt, pudding, noodles, pancakes, French toast, scrambled eggs, etc.)
- If your child received any local anesthesia, please **DO NOT** give them anything to CHEW, until they can feel their cheeks and tongue, or 2-3 hours have passed. This will help prevent your child from accidentally biting their lips.

Activity:

- Anesthesia and pain medication slow your child's reflexes and reaction time. For the next 24 hours, do not allow: riding of bikes, scooters or riding toys, swings or climbing, running, jumping or trampolines, and please stay with your child when they go up and down steps, as they may be unsteady at any point and time.
- Your child may experience a nose bleed after going home. Please do not allow your child to blow their nose, as this may dislodge a clot that has formed after the breathing tube was removed. If a nosebleed occurs, please pinch the end of the child's nose with a tissue, and have them tip their head slightly forward, until the bleeding stops.

Pain and Bleeding:

- Your child may experience some pain and discomfort. There will be some bleeding when the teeth are brushed, especially if teeth were removed. Your child may have Children's Tylenol every four hours as needed, and Children's Ibuprofen, Advil or Motrin at _____.
- Your child may also complain of a sore, scratchy throat for a few days from the breathing tube that was placed thru their nose while they were sleeping. Cool fluids and the Tylenol and/or Ibuprofen should help with this.
- Your child may be more comfortable when sitting upright, or placed on several pillows to keep the head elevated.
- You may use an ice bag to the cheek if your child had an extraction, to help with any discomfort.

Medications:

- Resume all home medications as prescribed.
- Discontinue: _____

When to call for medical advice:

- If your child experiences the following symptoms, please call his/her dentist, or go to the local emergency room.
 - Persistent nausea or >2 episodes of vomiting
 - Extreme or unusual pain and/or swelling
 - Fever over 100.5 degrees Fahrenheit
 - Difficulty breathing, or any "croupy" sounding cough that gets progressively worse